

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1.-28. Canceled.

29. (Currently Amended) An oil or fat composition at least 85% by mass of which are triglycerides, wherein

(a) the amount of medium-chain fatty acids represent from 5 to 23 % by mass of in  
all the fatty acids as constituents of the oil or fat composition is from 5 to 23% by mass,

(b) the amount of triglycerides having two medium-chain fatty acid residues in the  
molecule represent from 1 to 20 % by mass of in all the triglycerides is from 1 to 20% by  
mass, and

(c) the amount of long-chain saturated fatty acids are at most 15 % by mass of in  
all of the long-chain fatty acids as constituents of the oil or fat composition is at most  
15% by mass;

the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 6 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters; the oil or fat composition being enhanced in antifoaming.

30. (Previously Presented) The oil or fat composition according to claim 29

wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

31. (Currently Amended) The oil or fat composition according to claim 29 wherein the amount of triglycerides having three medium-chain fatty acid residues in the molecule represent at most 3 % by mass of in all the triglycerides is at most 3% by mass.

32. (Currently Amended) An oil or fat composition at least 85% by mass of which are triglycerides, wherein

(a) the amount of medium-chain fatty acids represent from 5 to 23 % by mass of in all the fatty acids as constituents of the oil or fat composition is from 5 to 23% by mass,

(b) the amount of triglycerides having two medium-chain fatty acid residues in the molecule represent from 1 to 20 % by mass of in all the triglycerides is from 1 to 20% by mass, and

(c) the amount of long-chain saturated fatty acids are at most 15 % by mass of in all of the long-chain fatty acids as constituents of the oil or fat composition is at most 15% by mass;

the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 3 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters and polyglycerol fatty acid esters, 0.01 to 2 % by mass of the composition of at least one emulsifier selected from succinic acid monoglycerides, and 0.1 to 3 % by mass of the composition of at least one emulsifier

selected from monoglycerides, diglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters, provided that the total amount of the emulsifiers is 0.3 to 5 % by mass of the composition; the oil or fat composition being enhanced in antifoaming.

33. (Previously Presented) The oil or fat composition according to claim 32 wherein the medium-chain fatty acids are saturated fatty acids having 6 to 12 carbon atoms.

34. (Currently Amended) The oil or fat composition according to claim 32 wherein the amount of triglycerides having three medium-chain fatty acid residues in the molecule ~~represent at most 3 % by mass of~~in all the triglycerides is at most 3% by mass.

35. Canceled.

36. (Currently Amended) An oil or fat composition at least 85% by mass of which are triglycerides, wherein

(a) the amount of medium-chain fatty acids ~~represent from 5 to 23 % by mass of~~in all the fatty acids as constituents of the oil or fat composition is from 5 to 23% by mass,

(b) the amount of triglycerides having two medium-chain fatty acid residues in the molecule ~~represent from 1 to 20 % by mass of~~in all the triglycerides is from 1 to 20% by mass, and

(c) the amount of long-chain saturated fatty acids ~~are at most 15 % by mass of~~in all of the long-chain fatty acids as constituents of the oil or fat composition is at most 15% by mass;

the oil or fat composition being obtained by transesterifying an edible oil or fat with a medium-chain fatty acid or a medium-chain fatty acid triglyceride; the oil or fat composition being supplemented with 0.1 to 6 % by mass of the composition of at least one emulsifier selected from sucrose fatty acid esters, polyglycerol fatty acid esters, succinic acid monoglycerides, sorbitol fatty acid esters and sorbitan fatty acid esters; the oil or fat composition also containing at least one additive selected from ① ascorbic acid fatty acid esters, ② lignan, ③ coenzyme Q, ④ phospholipids and ⑤ oryzanols; the composition being enhanced in antifoaming.